



As a Year 2 Athlete I will know...

Athletics	<p><b>Running:</b> that running on the balls of my feet, taking big steps and having elbows bent will help me to run faster.</p> <p><b>Jumping:</b> that swinging my arms forwards will help me to jump further.</p> <p><b>Throwing:</b> that I can throw in a straight line by pointing my throwing hand at my target as I let go of the object.</p> <p><b>Rules:</b> how to follow simple rules when working with others.</p>	Gymnastics	<p><b>Shapes:</b> that some shapes link well together.</p> <p><b>Balances:</b> that squeezing my muscles helps me to balance.</p> <p><b>Rolls:</b> that there are different teaching points for different rolls.</p> <p><b>Jumps:</b> that looking forward will help me to land with control.</p> <p><b>Strategy:</b> that if I use shapes that link well together it will help my sequence to flow.</p>	Dance	<p><b>Actions:</b> that sequencing actions in a particular order will help me to tell the story of my dance.</p> <p><b>Dynamics:</b> that I can change the way I perform actions to show an idea.</p> <p><b>Space:</b> that I can use different directions, pathways and levels in my dance.</p> <p><b>Relationships:</b> that using counts of 8 will help me to stay in time with my partner and the music.</p> <p><b>Performance:</b> that using facial expressions helps to show the mood of my dance.</p> <p><b>Strategy:</b> that if I practice my dance my performance will improve.</p>	Inclusive Sports - Boccia	<p><b>Strategy:</b> that you need to throw your balls closest to the 'jack', the white ball, to win.</p> <p><b>Rules:</b> that during the game players must remain seated throughout.</p> <p><b>Participation:</b> that Boccia is a great inclusive sport for non-disabled and disabled players to enjoy and play together.</p> <p><b>Tactics:</b> that Boccia is a game of precision and skill.</p>
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Invasion -Football	<p><b>Sending &amp; receiving:</b> to control the ball before sending it.</p> <p><b>Dribbling:</b> that keeping my head up will help me to know where defenders are.</p> <p><b>Space:</b> that moving into space away from defenders helps me to pass and receive a ball.</p> <p><b>Attacking:</b> that when my team is in possession of the ball, I am an attacker and we can score.</p> <p><b>Defending:</b> that when my team is not in possession of the ball, I am a defender and we need to try to get the ball. Know that standing between the ball and the attacker will help me to stop them from getting the ball.</p> <p><b>Tactics:</b> to understand and apply simple tactics for attack and defence.</p> <p><b>Rules:</b> how to score points and</p>	Fitness	<p><b>Agility:</b> to use small quick steps helps me to change direction.</p> <p><b>Balance:</b> that I can squeeze my muscles to help me to balance.</p> <p><b>Co-ordination:</b> that some skills require me to move body parts at different times such as skipping.</p> <p><b>Speed:</b> that I take shorter steps to jog and bigger steps to run.</p> <p><b>Strength:</b> that strength helps us with everyday tasks such as carrying our school bag.</p> <p><b>Stamina:</b> that I need to run slower if running for a long period of time</p>	Ball Skills - Sending & Receiving	<p><b>Sending:</b> that stepping with opposite foot to throwing arm will help me to balance.</p> <p><b>Catching:</b> to use wide fingers and pull the ball in to my chest to help to securely catch.</p> <p><b>Tracking:</b> that it is easier to move towards a ball to track it than chase it.</p> <p><b>Dribbling:</b> to keep my head up when dribbling to see space/opponents.</p>	Cricket – Striking and Fielding	<p><b>Striking:</b> the role of a batter. Know that striking quickly will increase the power.</p> <p><b>Fielding:</b> that there are different roles within a fielding team. Know to move towards the ball to collect it to limit a batter's points.</p> <p><b>Throwing:</b> that stepping with opposite foot to throwing arm will help me to balance.</p> <p><b>Catching:</b> to use wide fingers and pull the ball in to my chest to help me to securely catch.</p> <p><b>Tactics:</b> to understand and apply simple tactics for attack (batting) and defence (fielding).</p> <p><b>Rules:</b> how to score points and follow simple rules.</p>
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	follow simple rules.						
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Tennis Bat & Ball Skills	<p><b>Hitting:</b> to watch the ball as it comes towards me to help me to prepare to hit it.</p> <p><b>Feeding:</b> to place enough power on a ball to let it bounce once but not too much so that my partner can't return it.</p> <p><b>Rallying:</b> that sending the ball towards my partner will help me to keep a rally going.</p> <p><b>Footwork:</b> that using a ready position helps me to react quickly and return/catch a ball.</p> <p><b>Tactics:</b> that applying simple tactics makes it difficult for my opponent.</p> <p><b>Rules:</b> how to score points and follow simple rules.</p>	Rugby	<p>To hold a rugby ball correctly and confidently.</p> <p>To be able to pass a rugby ball to a partner accurately and to have both hands up ready to receive a pass back.</p> <p>To begin to be able to pass and receive a rugby ball with accuracy from a short distance.</p> <p>To be able to confidently navigate congested space whilst holding a rugby ball; with good balance, awareness and agility.</p> <p>To be able to work as a team competently during team games with elements of attack and defence.</p>	Team Building	<p>To follow instructions and work with others.</p> <p>To co-operate and communicate in a small group to solve challenges.</p> <p>To create a plan with a group to solve the challenges.</p> <p>To communicate effectively and develop trust.</p> <p>To work as a group to solve problems.</p> <p>To work as a group to solve problems.</p>	Target Games	<p><b>Throwing:</b> that stepping with opposite foot to throwing arm will help you to balance. Know that moving my arm quicker will give me more power.</p> <p><b>Striking:</b> to finish with my object/hand/foot pointing at my target. Tactics: understand and apply simple tactics. Rules: know how to score points and follow simple rules.</p>
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As a Year 2 Athlete I can...			
<b>Athletics</b>	<p>develop the sprinting action.</p> <p>develop jumping for distance.</p> <p>develop technique when jumping for height.</p> <p>develop throwing for distance and accuracy.</p> <p>develop technique when taking part in an athletics carousel.</p>	<b>Gymnastics</b>	<p>perform gymnastic shapes and link them together.</p> <p>use shapes to create balances.</p> <p>link travelling actions and balances using apparatus.</p> <p>demonstrate different shapes, take off and landings when performing jumps.</p> <p>develop rolling and sequence building.</p>
		<b>Dance</b>	<p>create actions and accurately copy other's actions.</p> <p>copy, remember and repeat actions and consider facial expressions.</p> <p>perform in unison creating shapes with a partner and mirror a partner and create ideas.</p> <p>copy, create and perform actions considering dynamics.</p> <p>create a short dance phrase with a partner showing clear changes of speed.</p>
		<b>Inclusive Sports</b>	<p>Develop rolling and throwing a jack towards a target.</p> <p>Develop receiving a rolling Jack and tracking skills.</p>



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<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Invasion Football</p>	<p>develop s&amp;r with increased control.</p> <p>explore dribbling with hands and feet with increasing control on the move</p> <p>explore moving into space away from others.</p> <p>develop moving into space away from defenders.</p> <p>explore staying close to other players to try and stop them getting the ball.</p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Fitness</p>	<p>demonstrate improved technique when changing direction on the move.</p> <p>demonstrate increased balance whilst travelling along and over equipment.</p> <p>perform actions with increased control when co-ordinating my body with and without equipment.</p> <p>demonstrate running at different speeds.</p> <p>demonstrate increased control in body weight exercises.</p> <p>show an ability to work for longer periods of time.</p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Ball Skills - Sending &amp; Receiving</p>	<p>roll, throw and kick a ball to hit a target.</p> <p>develop catching a range of objects with two hands.</p> <p>catch with and without a bounce.</p> <p>consistently track and collect a ball being sent directly.</p> <p>explore dribbling with hands and feet with increasing control on the move.</p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Cricket – striking</p>	<p>develop striking a ball with their hand and equipment with some consistency.</p> <p>develop tracking a ball and decision making with the ball.</p> <p>develop co-ordination and technique when throwing over and underarm.</p> <p>catch with two hands with some co-ordination and technique.</p>
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<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Tennis Bat &amp; Ball Skills</p>	<p>develop hitting a dropped ball over a net.</p> <p>accurately underarm throw over a net to a partner.</p> <p>explore underarm rallying with a partner catching after one bounce.</p> <p>consistently use the ready position to move towards a ball.</p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Rugby</p>	<p>That you hold a rugby ball in two hands.</p> <p>That to receive a rugby ball you must have both hands up ready</p> <p>That you need to be aware of the space around you to pass a rugby ball.</p> <p>That you need to move into spaces to avoid defenders</p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Team Building</p>	<p>follow instructions and work with others.</p> <p>co-operate and communicate in a small group to solve challenges.</p> <p>create a plan with a group to solve the challenges.</p> <p>communicate effectively and develop trust.</p> <p>work as a group to solve problems.</p> <p>work with a group to copy and create a basic map.</p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Target Games</p>	<p>develop co-ordination and technique when throwing overarm towards a target.</p> <p>develop co-ordination and technique when throwing underarm towards a target.</p> <p>develop striking a ball with equipment with some consistency.</p>
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